

Health and Beauty Questions

Answered by Pauline Furlong

FORMULA FOR GLUTEN BREAD

(By Request)—MRS. L. J. H. I.

One half cake yeast, two cups lukewarm water, three and one-half cups gum gluten flour, one-half teaspoonful salt. Soften the yeast in small portion of the water and add to the other ingredients. Mix to a stiff dough and knead thoroughly, using more gluten flour, if necessary. Shape into a loaf and place in a buttered pan for about two and a half hours to rise, until the dough is about twice in bulk. Then bake for about forty-five minutes. If desired, the dough may be given a second rising after the first rising, letting it rise again before baking. Gluten bread may be made the same as ordinary wheat flour bread, with the exception of shortening, which is not necessary. Avoid having the water too warm or the bread may be sticky. It is only essential to have the chill taken off of it. A cup of nut meats may be added to the dough just before putting it into the pan, if desired.

FOODS FOR KIDNEY TROUBLES

(MRS. G. R. L.) Nuts and fruits are wholesome foods, but other wholesome ones, in moderate quantity, are necessary for this trouble and general health. Such a diet would not cure kidney trouble.

LUMPS UNDER THE SKIN

MAY R.: Massage with a massage roller, sweet baths, clean system, active skin, light diet, outdoor exercise will remove and prevent these small lumps, like pimples, under the skin.

HO TO MAKE ZOOLAK—MRS. I. H. D.

The following is given by the author of the "Zoolak" diet. Take four cups of milk and add half a cup of cream. Boil for three hours, add two cups of sugar, and two cups of prepared Zoolak. Mix thoroughly, bottle in sterilized bottles, not quite full, cork tightly, immediately put in a water pail until the liquid looks creamy through the bottles. Then place and keep in cool place. It chilled before it is thick it remains thin and the flavor is spoiled. If not kept very

PEANUTS AND RAISINS—MRS. W. G. I.

These are not constipating and are really quite the contrary. They are both wholesome foods.

TWITCHING ARMS AND LEGS—MRS. I. H. D.

This is a nervous condition, not a disease. It is caused by a nervous system, not a medical treatment is necessary.

SALTS TO REDUCE—MRS. J. G. I.

This is a foolish and often dangerous method to pursue in order to lose weight. It is not even the sound way because it will eventually ruin the health if persisted in. Strong purgatives and salts cause anemia and thin blood, and they could never be taken to reduce without the advice of a competent physician. Only non-fatting diet and increased physical and mental activity will bring about a healthy reduction in weight. Oxygen, through deep breathing, is one of the very best and healthful fat reducers.

ECZEMA—MRS. L. P. N.

In old age or at any other age, eczema is usually the result of inflamed condition of the stomach and intestines. Light diet, water drinking, outdoor exercise and deep breathing will help you. Eat very little food and only that which is highly nourishing.

FAINTNESS—MRS. H. G. D.

You should consult a doctor about this. It may come from poor circulation, lowered vitality, indigestion, or just because you are run down and generally weak.

HOW DOES THE POOR BOOB FIND THAT BUTTON IN THE DARK?

HE LIGHTS A MATCH TO FIND THAT BUTTON

POOR NUT!

YES, AND TO FIND THE MATCHES, HE KEEPS A SEARCH-LIGHT UNDER HIS BED

WHAT ARE ALL THESE ELECTRIC FIXTURES FOR?

IT'S AN ARRANGEMENT FOR MY HUSBAND TO SEE THE TIME AT NIGHT

WHEN HE PUSHES THIS BUTTON IT LIGHTS THIS LIGHT

THIS LIGHT LIGHTS THIS BUTTON SO HE CAN SEE IT IN THE DARK

AND THIS BUTTON LIGHTS THIS LIGHT THAT LIGHTS HIS WATCH

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Can You Beat It!

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By Maurice Ketten

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Original Fashion Designs

For The Evening World's

Home Dressmakers

By Mildred Lodewick

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Stylish Design for Use of Gingham

ONE of the happy experiences in life is to find, all unsuspecting, a hidden charm in something or someone. Although it may sound a bit paradoxical to place such a commonplace "something" as gingham in a class of unusual possibilities, it is a fact that this fabric has recently shown forth new and graceful charms that were not realized before. To housewives and children its use was confined until two years ago, when it gained an entrance into polite society. And there it has remained, capturing on its own merits more followers each year. It is amazingly inexpensive, requires little or no trimming and launders perfectly, besides offering attractive color combinations which may be used effectively with plain material.

My design to-day is especially pretty for gingham, either in check or plaid, with a plain colored gingham used only as narrow bias edgings. Plain white organdy forms straight little undersuits and a tiny inner yoke. The distinctive feature of this frock is the separate front panel of the bodice, which is held at the waistline by three pearl buttons, the same as those which trim the sleeves. The narrow belt ties in a small bow at the back.

Answers to Queries

Editor, The Evening World:

What would you suggest for collar and cuffs on a tan serge dress that I

wear to business? I cannot wear the collar made from the ready-made ruffling and collar, as I am thin, with a low neck, and they do not fit or look well.

MISS D. K.

White organdy barred in tan would be pretty and smart, cut into a shaped collar that rolls high in the back and forms reverse effects in front by being slashed.

Editor, The Evening World:

I am thirty years old, but look older, and would like you to design for me a youthful dress. The goods is tan jersey. I am 5 feet 6 inches tall, rather stout, have blond hair, gray-blue eyes, good color.

MISS J. P.

Either white or dull blue lines for vest, collar and cuffs. Dash strings in back.

Editor, The Evening World:

What would you advise using as a foundation over which to drape material—dark blue voile having a silk dot, and a printed rose flower? Have 23-4 yards of it to make up for afternoon wear the summer.

MRS. J. W. H.

The plain dark blue voile. Either satin collar and cuffs of the plain, rose silk collar and cuffs, or a white voile.

Editor, The Evening World:

I have a tan serge suit which I would like to make over into a dress. As the skirt is stained on the front I will have to either put in a new piece or cover it up. The coat was a simple model. I have enough new goods for a front gown if you advise it. Would appreciate a style. Am thirty years of age, medium build.

MISS D. J.

Make a front panel to affect Princess lines like this. Tan silk, broad piping, georgette vest.

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The Housewife's Scrapbook

ONE patriotic housewife knows that the bread she kneads upon paper. True, she has plenty of waste. The crumbs are put into glass jars where they are ready for use. It is advisable to thoroughly dry the crumbs in the oven and thus prevent mold. Crumbs and left over slices can be treated in the same way and then crushed with a rolling pin.

The lack of a fitness cooker is no reason why you cannot have cooked cereal for breakfast. It is made by heating, cooking or cooking over night it will require only one-half the length of time to cook. A good way is to cook the cereal in the morning and re-heat it in the morning.

Did you ever bake rhubarb instead of stewing it? It is a change and very delicious. Cut the rhubarb into small pieces and pour boiling water over it. Allow it to stand five minutes, then pour off the water. Sprinkle with sugar and pour and very little water. Bake until done.

Before cooking cauliflower soak it head downward in water to which has been added one teaspoonful each of salt and vinegar to every quart of water. This will remove the tiny insects. When cooking it place it head downward in the water. The steam will not settle on the white part.

Lemon can be grated in much less time if they are soaked in cold water before grating them.

If you are using a washing machine and find it impossible to get the collar and wrist bands clean wash the collar and wrist bands in hot water, adding a few drops of soda. You will be surprised at the result.

A painter's small brush is a handy article on cleaning day. It will readily remove the dust from the corners of the furniture and the various crannies that a dust cloth can not reach.

In selecting pineapples look for the dark-skinned variety and you will be sure of a ripe one. The lighter-colored are not fully ripe and therefore less juicy.

If the painter included your windows in his painting, you can easily remove the objectionable spots, if you do so while the paint is still fresh. Heat vinegar and apply it with a small cloth to the spots, rubbing well, then wash the windows in the usual way.

Before visiting the house for the summer guard the stove against rust. An excellent preparation for this is made by mixing together three parts lard and one part resin. If you add a little black lead to the lard it will give a lasting black covering. Apply a thin coat to the stove with a brush while the mixture is in the melted form.

When there is ice in the refrigerator all the doors should be kept tightly closed in order to prevent deterioration of food. It is an erroneous opinion that milk bottles should be left uncovered.

Try left-over corned beef with macaroni. Pass the beef through the meat grinder. Bake in the usual way. Macaroni is also nice baked macaroni.

Betty Finds Herself a Prisoner In the House of Mystery, But Refuses to Flee

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CHAPTER V.

BETTY was seated before her mirror, gazing somewhat doubtfully from the small, round box of rouge in her hand to her own reflection. Dare she hope successfully to conceal the ravages of a sleepless, tortured night? Her eyes ached and heavily circled. Only the forehead, like a scarlet stain, showed unharmed and untroubled. She was very pale. It must give her a headache, but it is better now.

She stood before a shaft of sunlight fell upon her face, conscious of the room's activity to which she was being subjected, but determined to avoid possible suspicion by a resolute silence and a look of indifference.

The pause seemed interminable. Mrs. Atterbury broke it at last.

"You are very pale. I must give you a headache powder before your coffee, Welch."

A figure moved in the shadowed corner by the china closet, and Betty felt the soft, velvet touch of a hand upon her forehead.

"How she had managed to reach her room after the shock of her tragic discovery she could not have told. No memory of the night's events, no memory of the fight with her father, no memory of the fight with her father, no memory of the fight with her father."

"Toll Caroline to give you one of the powders from the blue box in my medicine chest, remember, the blue box."

"Yes, madam."

Mrs. Atterbury seated herself in her accustomed place, and Betty took the chair vacated. She did not refuse the proffered medicine, but she managed to drink her coffee, and the food repelled her. As her nerves steadied and self-command returned, she slowly studied the face of her employer and the butler.

Every sense was alert to her own danger, and she realized that her very life depended upon her powers of observation. The watchers had become the watched, and she noted that Welch's pale face was gray in the strong light of morning, and his shining, rather eyes darted furtively over his shoulder when he crossed before the hearth.

Mrs. Atterbury, too, left her food practically untouched, and the hand with which she raised her cup shook visibly, but her brain was evidently schooled to the utmost concentration, for immediately after breakfast she conducted Betty to the library and dictated steadily for more than two hours.

The social letters were devoid of interest to the girl, and under stress of the moment she read cursorily and mechanically. These confidential letters were for the most part uninteresting, but she was struck by a few lines which she read with a keen interest.

"Good morning, my dear. Did you sleep well?"

"Yes, madam."

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